

ABSTRACT

The present invention provides a method for producing a saturated fatty acid and an unsaturated fatty acid, which comprises adding and mixing a polyglycerol ester of a fatty acid to a raw fatty acids mixture, cooling the resultant mixture to deposit crystals, and fractionating the saturated fatty acid and the unsaturated fatty acid, wherein a cooling procedure is performed at a cooling rate of 4°C/h or less when a supersaturation ratio is 60 % or more and said cooling rate is varied during the cooling, and a glycerides mixture obtained from the fractionated unsaturated fatty acids.

According to the present invention, a saturated fatty acid and an unsaturated fatty acid in a raw fatty acids mixture can be separated easily and efficiently by a dry fractionation process.